CPR Guide

Public awareness campaign to get more people to act when they encounter a cardiac arrest. Starting point to get more people to learn CPR. Will not meet requirements if you need CPR for your job.

HOW DOES IT WORK?

Chest compressions are good for the first few minutes someone is in cardiac arrest pushing remaining oxygen through body to keep vital organs alive. Buys time until someone with more skills can provide help.

CPR with breaths combines chest compressions and breaths, providing additional oxygen to circulate throughout the body.

HOW DO I LEARN?

Go to international.heart.org/hands-only-cpr to learn the steps of Hands-Only CPR.

Go to international.heart.org/resources and click the Atlas button to find a class online or near you.

WHO CAN I USE IT ON?

Adult and teens.

Anyone who is in cardiac arrest, including: adults and teens, infants and children, pregnant women and any victims of drowning, drug overdose, collapse due to breathing problems or prolonged cardiac arrest.

HANDS-ONLY CPR VS. CPR WITH BREATHS

HANDS-ONLY CPR

CALL YOUR LOCAL EMERGENCY RESPONSE NUMBER

PUSH HARD & FAST IN THE CENTER OF THE CHEST

CPR TRAINING

COMPRESSIONS + BREATHS

Offered through online or in-person classes. Provides more in-depth training with an instructor, including CPR with breaths and choking relief. Often necessary for people who need CPR training for work.

© Copyright 2022 American Heart Association, Inc., a 501(c)(3) not-for-profit. All rights reserved. Unauthorized use prohibited. DS19796 9/22